

He kōrero hauora mō kā mokopuna Healthy hints for tots



This newsletter aims to provide health information and tips for the early childhood community in Otago and Southland. Use it as you wish – copy and distribute information to parents and whānau, use parts in your own newsletter. Electronic copies of this and previous newsletters are available at www.southerndhb.govt.nz/pages/newsletters/

Within the Māori world there are many Atua/deities associated with summer. One of the brightest stars in the night sky, Rehua is also known as Antares. Rehua is identified with the summer hence the saying:

Rehua whakarui takata: a reference to the exhaustion that is caused by Rehua in the summertime

Te Haka a Tānerore (Tānerore's war dance)

Tama-nui-te-te-rā (the sun) and Hine Raumati (summer maiden) had a child called Tānerore who has been credited in some stories with the origin of haka. The heat haze and shimmer of summer can also be represented in haka and waiata by the quivering of the hands.

Immunise your child on time, every time

– It's their best protection

Summer is here and Christmas is just around the corner. New Zealanders will be preparing to celebrate the festive season and get ready for the summer break. Make part of the preparations for the holiday to check that your children are up to date with their childhood immunisations.

Immunisation is the best way to protect your family from 12 serious diseases. It's free in New Zealand for all babies, children and young people until their 18th birthday.

Immunisation works by helping your child develop antibodies to fight disease. It saves millions of lives around the world every year.

Why immunise?

Babies and children need immunisation to protect them from serious diseases.

Babies are usually born with some natural immunity to disease. Breastfed babies get additional protection from their mother's milk but they can still get very sick. Natural immunity only lasts a short while, and it can't protect your baby from all diseases.

Babies receive their first or primary course at 6 weeks, 3 months and 5 months. Getting your baby vaccinated on time along with breastfeeding gives them the best protection against disease.

It's important that your baby or child is immunised at the recommended times to give them the best protection possible. This is particularly relevant for the Rotavirus vaccine (which needs to be started before your baby turns 15 weeks) and whooping cough which continues to be a serious problem. Small babies and children under 2 years of age are at a higher risk of complications.

Keeping track of immunisations

The **National Immunisation Schedule** is the timetable of recommended immunisations. It shows when your child should have each immunisation to get the best possible protection.

It's important for your child to have all their immunisations. The doctor or nurse will record each immunisation your child receives on the National Immunisation Register (NIR).

Immunisations are also recorded on the Immunisation Certificate in your child's **Well Child Tamariki Ora My Health Book**. Remember to take the **Well Child Tamariki Ora My Health Book** with you to the doctor or nurse each time your child goes in for their immunisation. You will need to show the **Immunisation Certificate** when your child starts at a child care service, kōhanga reo or primary school.

Immunisation is your choice – please talk to your family doctor, Plunket or Public Health Nurse if you would like more information or check out: www.health.govt.nz/immunisation, www.immune.org.nz or 0800 466 863

Disease doesn't discriminate – immunisation is your best protection against some serious but preventable diseases. The National Immunisation Schedule is the series of free vaccines offered to babies, children, adolescents and adults. While it is best to immunise on time, every time – it is never too late to start.

Southern DHB Pēpi-Pod® Programme

The Southern DHB Pēpi-Pod® Programme promotes safe infant sleep practices. Pēpi-Pod® are portable sleep spaces that are offered FREE for vulnerable babies who are at higher risk of suffocating during sleep.

Babies are considered more vulnerable* if they meet one or more of the following:

- Smoke-exposed during pregnancy
- Premature (<37 weeks)
- Low birth weight (<2500g)
- Māori
- Mother is younger than 25 years old or has previously experienced a sudden unexpected death of an infant (SUDI).

The gold standard is for Pēpi-Pods® to be introduced as soon as possible following birth so safe sleep practices become routine and familiar for

the infant and whānau. In exchange, whānau are asked to have safe sleep conversations with others around them.

For EVERY SLEEP babies need:

- to be in their own sleep space especially if co-sleeping
- to sleep on their back which keeps their airways open
- have absolutely no pillows, toys or loose bedding in the sleep space
- a firm mattress with no gaps around the frame so as not to get wedged in an unsafe position; a pillow is too soft

*These are guidelines only and discretion is used on a case by case basis.



If you know of a vulnerable infant who would benefit from a safe sleep space, please contact Public Health South for more information. Invercargill: 03 211 8500, Dunedin: 03 476 9800

What is a healthy diet?



There has been a lot of debate in the media recently about what a healthy diet is. It's a challenging time for nutrition, where single one-off studies or opinion pieces seem to make headlines whereas what we do know,

and where the bulk of the evidence lies is rarely reported on with such gusto. The media loves sexy messages such as: 'The experts got it wrong', 'Butter is back' and 'Sugar is toxic'. Unfortunately 'Eat more plant foods' and 'Moderation' don't seem to have quite the same appeal. Yet, rather than getting into a debate about which diet or nutrient, is best for health, let's focus on the bigger picture – the whole diet.

Around the world, we see various dietary patterns that support a long and healthy life. Well-known examples include: the traditional Mediterranean diet, the vegetarian diet of the Seventh-Day Adventists, and the largely plant-based diet of the Okinawans in Japan. These dietary patterns all reflect a range of fat, carbohydrate and protein intakes but share some common themes.

What are the common themes of a healthy diet?

Firstly, we need to remember that foods and nutrients are not eaten in isolation. Therefore, it's important to focus on the overall dietary pattern, rather than just zeroing in on individual nutrients.

Heart Foundation Contacts

Your local Health Promotion Coordinators are available to provide advice and resources to assist you in creating a heart-healthy environment in your ECE service.

Rebecca Wilson or Qa-t-a Amun for Otago:

03 477 3999, rebeccaw@heartfoundation.org.nz or

qamun@heartfoundation.org.nz

Linda Harris or Yvette Hodges for Southland & Central Otago:

03 214 5444, lindah@heartfoundation.org.nz or

yvetteh@heartfoundation.org.nz

There are many ways we can eat to support our health and all of them are simple variations on a common dietary theme. This includes: eating a dietary pattern based largely on minimally-processed foods with plenty of vegetables and fruit. Including some wholegrains (e.g. wholegrain bread, brown rice, oats, barley) instead of refined grains (e.g. white bread, white rice, biscuits); legumes (e.g. baked beans, chickpeas, kidney beans); nuts; seeds; and other sources of healthy fats such as oily fish. It may also contain non-processed lean meats or poultry and/or dairy.

But what does a heart-healthy diet look like?



To visually represent the foods which support a heart-healthy eating pattern which follows these dietary themes, we have developed a 'Healthy Heart Visual Food Guide'. It shows the balance of foods to eat, ones that can be substituted for others within groups, and the types of foods to eat for good health. It is a simple tool that shows heart-healthy proportions of foods to eat over a day and week.

Finally, it's important to remember a balanced diet is a nutritious diet. All foods can be a part of a healthy diet; it's simply that some of us need to eat more of some and less of others. However, if we focus on the consistent themes of healthy eating, we can each apply them in the way that suits us best, without going to extremes. If we follow a heart-healthy way of eating, then the nutrients will ultimately take care of themselves.

Congratulations to the following ECE services for gaining a Healthy Heart Award recently:

Whanau (Strengthening Award): Elsie Street Kindergarten, Gore; Wild Things Ltd (One), Dunedin; Wild Things Ltd (Two), Dunedin; Wild Things Ltd (Three), Dunedin; Rachel Reynolds Kindergarten, Dunedin

Rito (Foundation Award): Goldfields Educare Inc, Lawrence; Kidz Way Early Learning Centre, Tapanui; Lindisfarne Kindergarten, Invercargill; Oanaka Educare, Wanaka; PORSE Dunedin S1, Dunedin; Roslyn/Maori Hill Playcentre, Dunedin; Te Manaaki Nga Tamariki Te Kohanga Reo, Dunedin

www.heartfoundation.org.nz www.learnbyheart.org.nz

What does the Food Act 2014 mean for Early Learning Services?

New food safety law – the Food Act 2014 – started on 1 March 2016. It means new rules for early childhood education (ECE) centres and kōhanga reo.

Food can and does make people very sick, and the new law aims to improve food safety, including in schools and early childhood centres. Under the law, all ECE services must make sure the food they serve is safe and suitable.

If you run an ECE centre or kōhanga reo that cooks food, or prepares food like sandwiches or salads, you also need to register under the Food Act. In most cases you'll register with your local council (you'll be registering under what's called a 'national programme 2'). You'll need to meet a set of food safety requirements and keep some records to show that you're meeting them. You'll also have to get checked by a food safety 'verifier' to make sure you are doing everything right. If you can show you are managing food safety well, you'll only need to be checked once every three years.

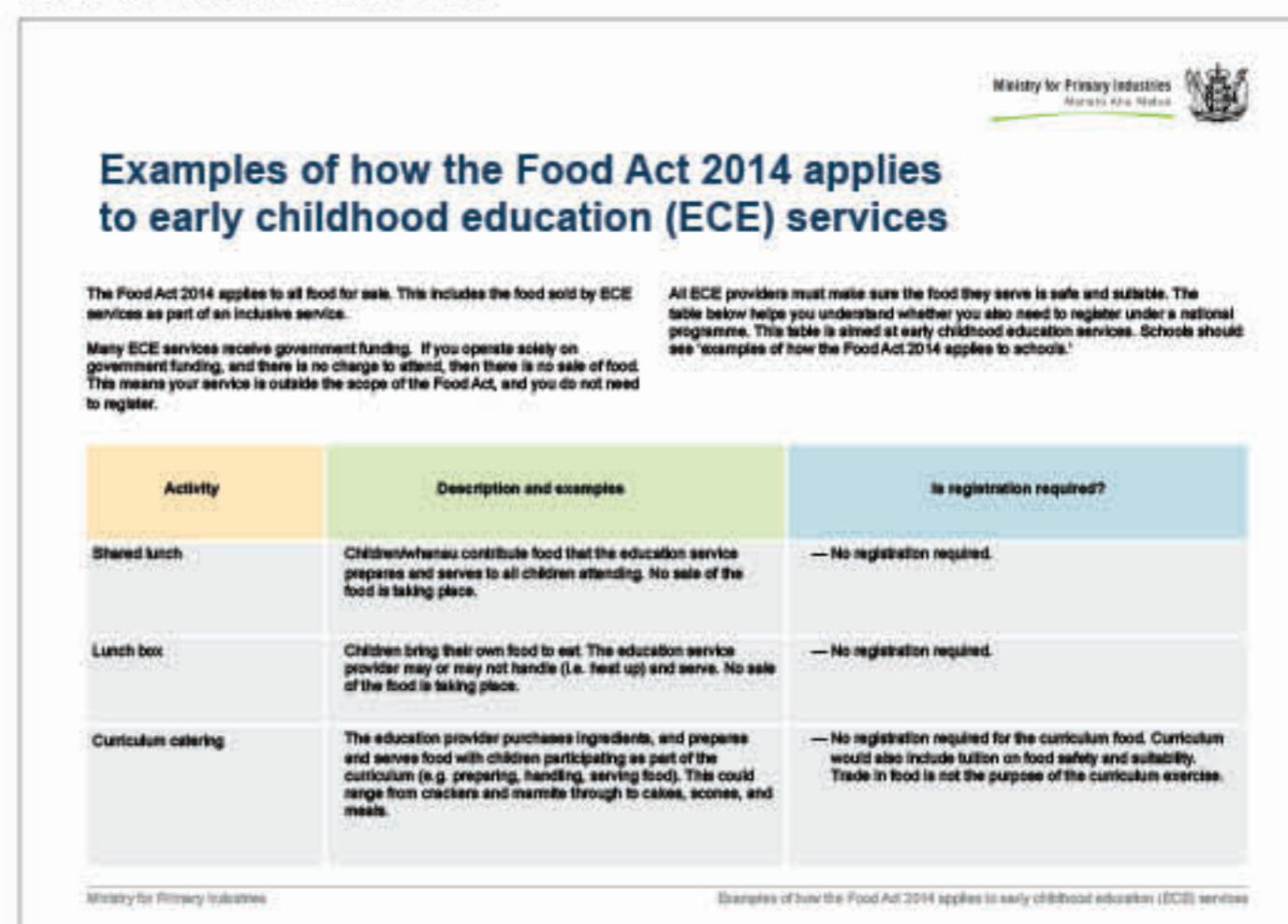
The Ministry for Primary Industries (MPI) has prepared some guidance to help ECE centres and kōhanga reo follow the new rules. You can also find food safety help and advice on their website.

Any new centres now need to register under the Food Act 2014 when they open. Existing centres have until 31 March 2017 to apply for registration.

More information:

- Follow 'steps to a national programme two' on the MPI website

- Read the food safety guidance for Early Childhood Centres
- There's also a template for keeping records
- See 'top 5 food safety factors' for early childhood centres
- If you're not sure whether you need to register, use the **Where do I fit?** tool on the MPI website.



Activity	Description and examples	Is registration required?
Shared lunch	Children/whanau contribute food that the education service prepares and serves to all children attending. No sale of the food is taking place.	— No registration required.
Lunch box	Children bring their own food to eat. The education service provider may or may not handle (i.e. heat up) and serve. No sale of the food is taking place.	— No registration required.
Curriculum catering	The education provider purchases ingredients, and prepares and serves food with children participating as part of the curriculum (e.g. preparing, handling, serving food). This could range from crackers and marmite through to cakes, scones, and meals.	— No registration required for the curriculum food. Curriculum would also include tuition on food safety and suitability. Trade in food is not the purpose of the curriculum exercise.

All these resources and more are available from the MPI website: www.mpi.govt.nz/foodact. If you have any questions or concerns, get in touch with your local council or MPI - Freephone: 0800 00 83 33 or Email: info@mpi.govt.nz

Don't Let Food Go To Waste

Although we may not realise it, food waste is a major issue in New Zealand.



TOO GOOD TO WASTE

Did you know...

Even though food is wasted on farms, in factories and from supermarkets, the largest amount of food wasted in New Zealand comes from homes. Households throw away enough food (all of which could have been eaten) to feed the whole of Dunedin for two years!

All this food waste has an environmental impact ...

Food waste ends up in the tip. When food decomposes without oxygen in the landfill it releases methane which is a harmful greenhouse gas. Also when we waste food, we are wasting all of the resources that went into making it e.g. water, fuel.

Every time you throw away food you're throwing away money...

For instance, if you throw out the bread ends of every loaf of bread that you buy you are wasting about \$27 a year. You may not think that is much but over a year the amount of money you are throwing away as good food all adds up. Surely there are better ways to spend your money than throwing it in the bin? There are two main reasons why we throw food away: we don't eat our leftovers and some food goes bad because it is not stored properly. The foods we waste the most are bread, leftovers, potatoes, apples, chicken and bananas.

What can we do about the food waste problem?

- Learn about New Zealand's food waste and how to reduce it by visiting the Love Food, Hate Waste website www.lovefoodhatewaste.co.nz and Facebook page www.facebook.com/lovefoodhatewastenz
- Look at where food is wasted and take steps to reduce the waste.
- Tell people about the Love Food, Hate Waste website and share food waste tips and recipes with them.
- Ensure food is stored properly by learning more about storing food and food safety at the Love Food, Hate Waste and the Ministry of Primary Industries websites.
- Show leadership and set an example.

Sources: Love Food, Hate Waste website <https://lovefoodhatewaste.co.nz/> Dunedin City Council flyer, "New Zealand's Food Waste Problem", 2016 and Love Food, Hate Waste; website <http://www.dunedin.govt.nz/services/sustainability-education/love-food-hate-waste>



Summer Sun Protection

Especially between 10am and 4pm, even on cloudy/cooler days from September to April

Sun Protection is recommended when the UV Index is 3 or above. To check the UV Index forecast in your area go to: www.niwa.co.nz/UV-forecasts or download the free app uv2Day for Android and iPhones.



Steps for Summer Sun Protection

Hats – broad-brimmed, bucket hats (minimum 5cm brim for pre-school children) or a cap with flaps are best and will give protection to the face, neck, ears and eyes. Caps without flaps are not SunSmart.

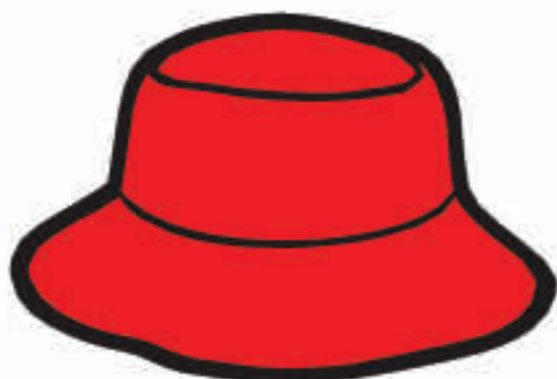
Clothing – loose, cool clothing is best eg tops with collars and sleeves to the elbow and shorts/ skirts to the knees are recommended. Rash tops have the best protection for skin when playing in water.

Making Use of Shade – use available shade from trees, verandas, umbrellas, gazebos and shade sails for outdoor activities at peak UV times.

Sunscreen – clothing and a hat is the best protection. Use broad spectrum at least SPF30 sunscreen on areas of skin not covered by clothing. Be cautious about using sunscreen on children under one. Test it on a small patch of skin first. Use water resistant sunscreen when around water. Asking parents to put sunscreen on children before they arrive at your centre in the morning is not recommended as some sun exposure is needed for Vitamin D early in the day.

Apply sunscreen to uncovered skin 20 minutes before going outside. Reapply it every couple of hours if you and the children in your care are outside for extended periods. As with any products that are applied to the skin, the use of sunscreen should stop immediately if you see any unusual reaction.

Store sunscreen in a cool place and keep it below 30°C. Check expiry dates.



For further information please contact the Cancer Society: admin@cansoc.org.nz in Dunedin or adminsouth@cansoc.org.nz in Invercargill

Why reward children with tooth decay?

Snacking often on sugary foods and drinks can lead to tooth decay. Don't be a part of the problem – be a part of the solution to better oral health and choose an age-appropriate alternative reward such as:

- Toothbrush
- Magnets
- Stickers
- Bookmarks
- Certificates
- Colouring pages/activity sheets
- Temporary tattoos
- Pencils, erasers, mini note pads
- Ink stamps
- Coloured chalk
- Balloons
- A plant or seeds and a pot for growing them in



Or best of all – reward them with your time - play a game or do an activity together.

Visit us on Talkteeth - Southern

Community Oral Health Service

He Oraka Niho

FREE DENTAL CARE FOR 0 - 17 YEAR OLDS

Want to know more?

Call 0800 ORAL HEALTH (0800 672 543) or email: oralhealth@southerndhb.govt.nz

For resources contact Judy Sibbe Phone 03 476 9870, judy.sibbe@southerndhb.govt.nz

Water Safety

Lots of summer activities take place around water, where unfortunately too many children drown (on average 15 children each year).

- It is vital children are closely supervised when they are near water: Children can become unconscious after only a couple of minutes with their head under water.
- Young children can drown in very shallow water.
- No child should get in a boat without a lifejacket, even a short trip in a kayak or a dinghy.
- Make sure your child can swim. Swimming lessons through the school may not be enough for all children. Look in the Yellow Pages or on www.swimming.org.nz for local swim schools.

For more information go to <http://www.safekids.org.nz/index.php/page/sitesearch>

A CHECKLIST FOR YOUR HOME

- I/we always watch my/our child at bath time
- I/we have a non-slip mat in the bath or shower
- I/we keep the plug for the shower or bath out of reach of children
- I/we keep water containers out of the reach of children
- I/we empty and store paddling pools and watch containers after use
- I/we have a safe fenced play area for children
- I/we have identified water hazards in our home
- Older children help keep our house water safe for small children

IF YOU HAVE A SWIMMING OR SPA POOL

- It is properly fenced and I/we make sure the gate is NEVER left open
- I/we have planned what to do if there is a pool emergency

OUR NEIGHBOURHOOD

- I/we have checked out water hazards in our local area and made sure my/our children cannot reach them

ON AN OUTING, PICNIC ETC

- I/we have set up an active supervision roster so a named person/s is actively watching the children at all times
- I/we make sure older children do not have to take responsibility for younger children

SAFETY RULES

- I/we are teaching our children water safe behaviour like: Never going near the water unless Mum or Dad or another grown up is watching you.
- I/we are teaching our children to swim

9 months to arrive
3 years to grow
2 minutes left alone
1 minute to drown

Children Under 5 Always within reach and within sight of an adult.

Keep kids safe near water

Be Water Wise

Under 5 Water Wise Water Safety For Quality